

Addressing Anxiety

HOW TO TAKE CHARGE

WORK/LIFE &
EAP
PROGRAM
APR 2015



Learn techniques to help manage your anxiety.

Your Work/Life & EAP Program can help with:

- Articles and tip sheets on recognizing anxiety and reducing stress
- Information on meditation and relaxation
- Audio and video tips on breathing techniques and yoga
- Resource links to find additional information



TOLL-FREE:

800-833-8707

WEBSITE:

www.myccaonline.com

USERNAME:

CUNY



Available anytime, any day, your Work/Life & EAP Program is a free, confidential program to help you balance your work, family, and personal life.